



# COMMUNITY BOARD

**FOR PLUMPTON STUDENTS**

Week beginning 18<sup>th</sup> March 2024

# UPCOMING EVENTS

Events that are coming up in the next week or two that you need to know about

## Ofsted:

As you will be aware, we have an Ofsted inspection from Tuesday 19<sup>th</sup> until Friday 22<sup>nd</sup> March

We are really **proud** of all the **wonderful** things that happen both in lessons and beyond, and this is our chance to **shine** and to show our visitors what an **exceptional** place Plumpton College truly is.

Please welcome our guests with your biggest smiles 😊 and your warmest hearts ❤️

There is a message from Jeremy and Abi on SharePoint for you to watch.



# UPCOMING EVENTS

Events that are coming up in the next week or two that you need to know about

Pre-loved store is open again next week. Come along and treat yourself to something new for the Easter holidays 😊

Wednesday and Thursday

## PRE-LOVED

The Shop Where  
Everything is  
**FREE**

OPEN TO STUDENTS  
& STAFF

WEDNESDAY 20TH MARCH - 3-4PM  
THURSDAY 21ST MARCH - 12-2PM

Top Common Room - Near Dining Hall

# COLLEGE THEME

# LIVING IN THE WIDER WORLD

## Personal Development Lessons

w/b Monday 18<sup>th</sup> March will be taken by  
Andy from HSBC

He will be covering:

Personal income and outgoings

Budgeting and planning

Finance, loans and managing debt



A purple graphic with a white border. At the top center is the Plumpton College logo, which includes a shield with "EST. 1926" and "PLUMPTON COLLEGE" below it. The text "SKILLS FOR LIFE" is written in a bold, black, sans-serif font inside a white rounded rectangle. Below this, the words "Voting", "Careers", "Futures", "Finance", and "Your Voice" are listed in a bold, black, sans-serif font. A blue and yellow megaphone is positioned to the right of the text. At the bottom, the text "PLUMPTON COLLEGE" and "PERSONAL DEVELOPMENT TEAM" is written in a white, sans-serif font. The graphic is decorated with white stars and a heart icon.

# COLLEGE THEME

## LIVING IN THE WIDER WORLD

### Personal Development Lessons

Week Commencing Monday 18<sup>th</sup> March:

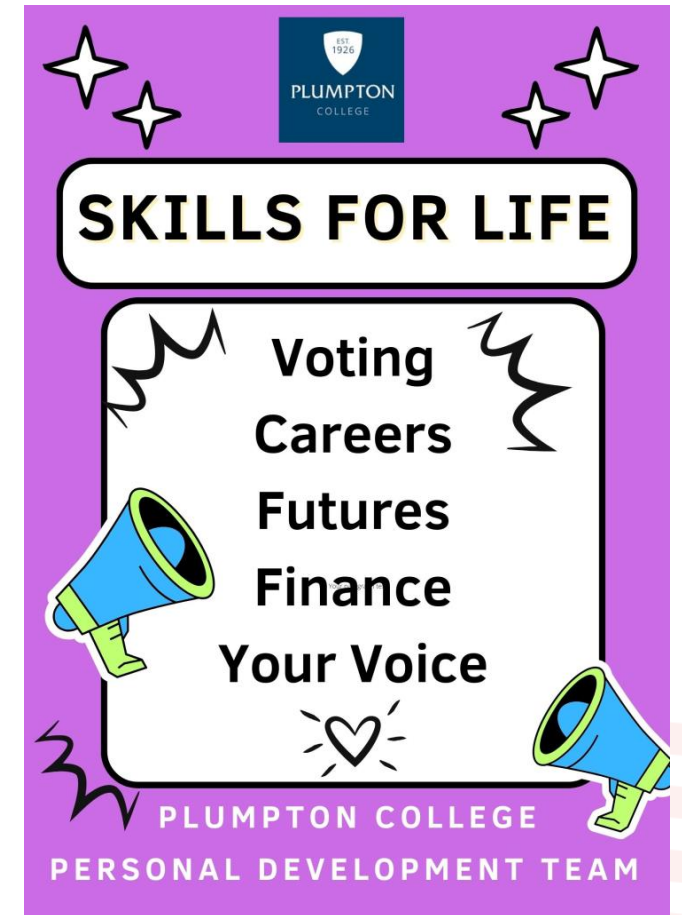
“Personal Finance and budgeting” and will be led by Andy from HSBC

Week Beginning Monday 25<sup>th</sup> March:

“Volunteering and giving of your time”

Student Voice Feedback: “We would like to know what topics we are covering in PD in advance, as some topics can be triggering”.

Action: We will let you know on this page of the community board what the upcoming topics are.



# COLLEGE THEME

## LIVING IN THE WIDER WORLD

**Student Voice and SMT lunches  
Feedback for all Students:**

**The following slides will give you feedback on what the student reps fed back and then what the college has done in response.  
“You said..... We did”**

**SKILLS FOR LIFE**

Voting  
Careers  
Futures  
Finance  
Your Voice

PLUMPTON COLLEGE  
PERSONAL DEVELOPMENT TEAM

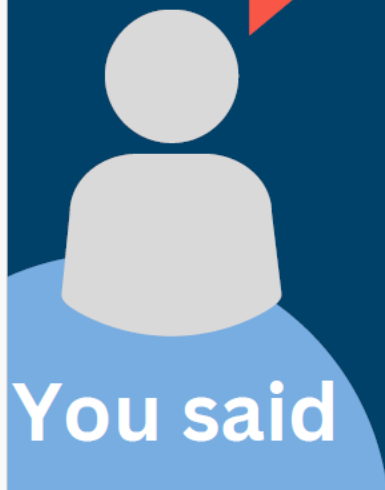
# You Said, We Did

Feedback is gathered from learner voice, student surveys, FE and HE course representatives and focus groups



**PLUMPTON**  
COLLEGE

*“The smoking shelter area location at times feels unwelcoming”*



The smoking shelter has been relocated to a central location which is fully monitored.



PLUMPTON  
COLLEGE

# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups

*"We would like more pedestrian only pathways"*



We have created a traffic system with bollards to prevent vehicle access during busy times.





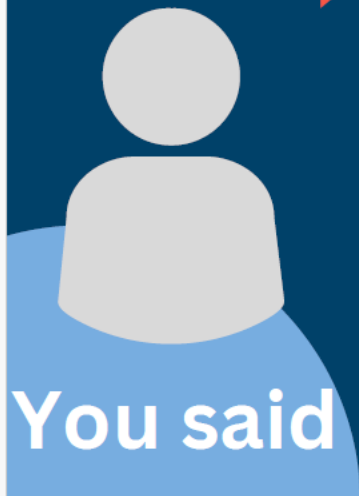
# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups



PLUMPTON  
COLLEGE

*“We would like more quiet spaces  
across campus”*



We  
did

A variety of quiet seating spaces  
have been created across campus.

# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups



PLUMPTON  
COLLEGE

*“We would like more options on the food menu”*



You said

We  
did

We have relaunched Graze cafe and there are a variety of new options available.



# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups



PLUMPTON  
COLLEGE

*“The toilet facilities require improvement”*



You said



We did

Maintenance plans have been scheduled across campus from September. Deep clean of showers, bathrooms and toilets planned for Easter break.

# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups



PLUMPTON  
COLLEGE


*“Some college laptops are in poor condition”*



You said



We did



The IT team are reviewing and refurbishing the laptops.  
We plan to restock in September.

# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups



PLUMPTON  
COLLEGE

*“Some bus routes and stops have changed”*



The College is working with the bus company to ensure that all of the bus stops are fully accessible.  
The college will monitor this regularly with the bus company.

# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups

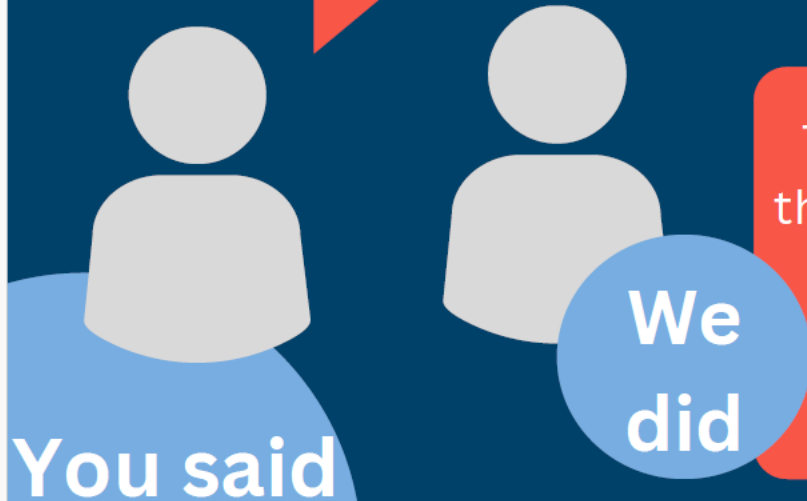


PLUMPTON  
COLLEGE

*“There is often litter in the common room”*

The importance of litter collection will be reiterated on the community board to raise students’ understanding of respecting our environment.

New furniture has also been ordered.



# You Said, We Did

Feedback from is gathered from learner voice, student survey, FE and HE course representatives, focus groups



PLUMPTON  
COLLEGE

*“We would like to see more ramps to support access the lifts”*

Lift refurbishment underway – completion expected by April.

An additional portacabin will also be installed onsite with ramp access.



You said

We  
did



PLUMPTON  
COLLEGE

# You Said, We Did

Feedback from is gathered from learner voice, student survey, FE and HE course representatives and focus groups

*“We would like more parking spaces”*

We have developed a new overflow parking area. We will further promote car share days in line with our sustainability commitment.

You said

We did





PLUMPTON  
COLLEGE

# You Said, We Did

Feedback is gathered from learner voice, student survey, FE and HE course representatives and focus groups

*“We would like university merchandise”*

You said

We  
did

Notebooks and hoodies are now available to buy. More merchandise to follow...

# Do you want to Volunteer at the Brighton Marathon?



- The event team are looking for volunteers for the Brighton Marathon which takes place on Sunday 7 April.
- They are really keen to get as much of the local community involved as possible – and particularly to collaborate with new members of the community that we have not had the opportunity to work with previously!
- In exchange for volunteering with us, we offer various perks such as volunteer kit (which you can keep after the event), lunch while on shift, a donation to your organisation (or a charity of your choice) and an allocation of free entries to the 2025 event based on volunteer group size.
- If you are interested, or have any queries, please get in touch at [volunteers@londonmarathonevents.co.uk](mailto:volunteers@londonmarathonevents.co.uk)



# Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



Need a mental health boost?

Check out Action for Happiness and Mindful March

# Work Experience

Make sure you have added your workplace to ProPortal

- Reminder of the hours required\*:
  - Level 1 study 35-37 hours
  - Level 2 study 75 hours
  - Level 3 study 150 hours

\*check with your programme manager

If you do not complete the required number of hours you risk not gaining your qualification

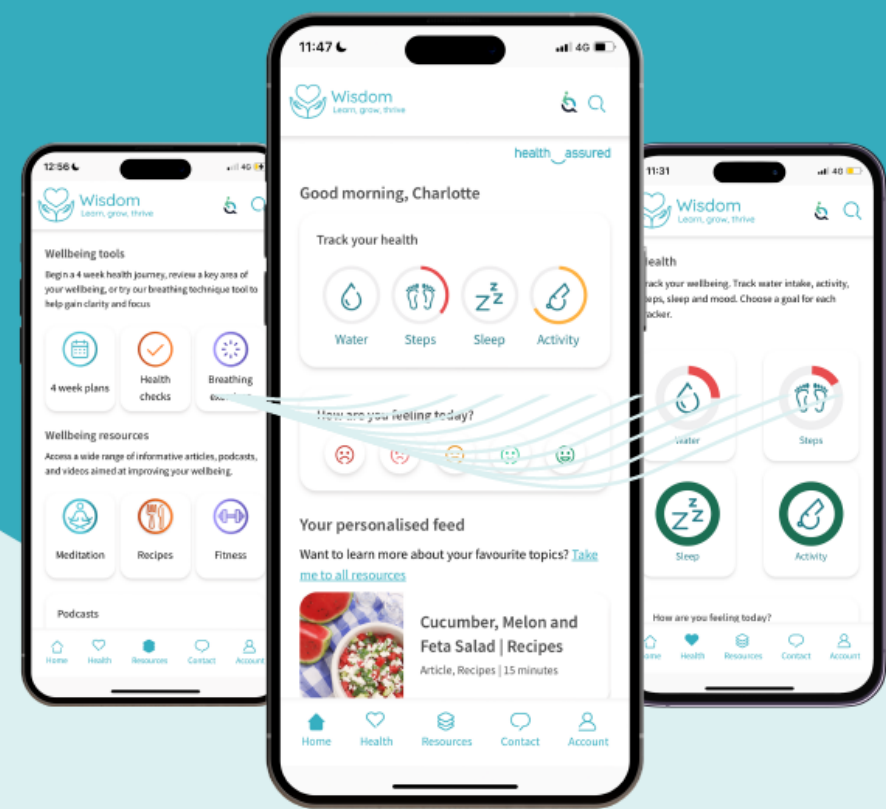
For support, email:

[workexperience@plumpton.ac.uk](mailto:workexperience@plumpton.ac.uk)

Log your placement and hours on ProPortal now.

**Have you downloaded the Student support App?**

Wisdom App  
Download and enter the  
code: MHA257939



Exciting features available on  
**The Brand New Wisdom App**



Wellbeing Trackers



Breathing Techniques



Four Week Health Plans



Mini Health Checks

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